

Blood Pressure Monitors- Learn More

Monitor your blood pressure at home! Thank you to our partners at Stony Brook Medicine & the American Heart Association for their assistance with this program.

Available in 4 options:

- Standard cuff (Circumference 9"-14.6" (23-37 cm))
- Large cuff (Circumference 9" to 17" (22cm - 42cm))
- Small cuff (Circumference 7" to 9" (17cm - 22cm))
- Talking monitor with standard cuff (Circumference 9"-14.6" (23-37 cm))

Each kit comes with a blood pressure monitor PLUS information on:

- How to have a healthy blood pressure level
- How to find heart healthy recipes
- How to find follow up information on blood pressure self-monitoring

Check out this video from the American Heart Association to learn how to properly monitor your blood pressure from home:

[How To Monitor Your Blood Pressure at Home](#)



